

Fasting: The Incredible Possibilities

Isaiah 58:1-12

An Assault Against _____

“The only authentic fasting is fasting that includes a spiritual attack against our own sin.”

Then what God does in verses 6–12 describes what is involved in living out this fast and what the spectacular rewards are for living this way. You recall that Jesus said, “Your heavenly Father who sees in secret will reward you.” Well here are some of the kinds of things God promises to do for those who do this kind of fasting (see also **Psalm 41:1–3**).

A. The _____ of God’s Chosen Fast

- to loosen the bonds of _____,
- to undo the bands of the _____,
- and to let the _____ go free,
- and _____ every yoke?
- Is it not to _____ your bread with the _____,
- and bring the _____ poor into the house;
- when you see the naked, to _____ him;
- and not to _____ yourself from your own flesh?”
- If you _____ the yoke from your midst,
- the _____ of the finger,
- and speaking _____
- and if you _____ yourself to the hungry,
- and _____ the desire of the afflicted. . . .

That’s the fast that God prescribes for the patient Israel who is sick with the disease of hypocrisy and hard-heartedness against the poor. There are thirteen components but they seem to fall into about seven categories. I give these as a call on the life of our church. We must discover how to join in this prescription of fasting.

1. Lift the Burden of _____

We are called to free people from burdens, not oppress them with burdens.

2. Feed the _____

In this fasting, we are called to feed the hungry. Verse 7a: “Is [this fast] not to divide your bread with the hungry?”

3. House the _____

In this fasting, we are called to house the homeless. Verse 7b: “And bring the homeless poor into the house.”

4. Clothe the _____

In this fasting, we are called to clothe the naked. Verse 7c: “When you see the naked, to cover him.”

5. Be _____

6. Put Away _____ for Other People

7. _____ and Satisfy the Soul of the Afflicted

It is giving self. It's not just relief. It's a relationship.

B. The _____ of God's Chosen Fast

Now, if we trust God enough to follow him in this prescribed seven-point fast, what will happen in our lives and in our church?

1. Darkness Will Become _____

2. Physical _____

3. God All Around Us with _____ and _____

4. God Will _____ Us Continually

5. God Will _____ Our Soul

6. God Will Make Us a _____ Garden

7. God Will _____ the Ruins of His City and People

Refer to **2 Chronicles 7:14**